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INSTRUCTIONS FOLLOWING ORAL SURGERY

1. Keep fingers and tongue away from the tooth socket or operative site. Maintain gentle biting pressure on the guaze pack placed at surgery for one hour, then remove it.
2. Do not rinse your mouth for 8 hours. It is permissible to drink lukewarm or cool liquids immediately. **Do not use straws.** Soft foods may be taken after 12 hours. **A regular diet can usually begin after 2 days.**
3. Provided there is no bleeding evident, begin careful oral hygiene the day following surgery. Rinse your mouth vigorously with warm salt and water (1/4 – teaspoon salt with a glass of water) after each meal and brush your teeth using a soft toothbrush and toothpaste. Avoid brushing at the surgical site for the first two days then brush very gentle to remove food debris. **Under no circumstances should you rinse your mouth for the first 12 hours.**
4. **Bleeding** – It is normal for the saliva to be lightly streaked with blood for about one day. If frank bleeding is present, fold guaze moistened in warm water into a firm thick wad and place directly onto the socket or against the operative site and maintain steady pressure for twenty minute or longer. The less frequently the guaze is changed the better. Do not spit out. Do not chew the guaze. In an emergency a tea bag moistened in hot water may be substituted until a guaze pad is obtained. **Do not smoke for 72 hours. Do not rinse your mouth until 12 hours after the bleeding has stopped.**
5. **Swelling** – Swelling is to be expected in certain cases, often reaching its maximum in about forty-eight hours, then disappearing over the next 4-5 days. An ice bag may be applied outside the face next to the site of surgery, 20 minutes on and 20 minutes off for the first 24 hours. This is not mandatory, however it may help relieve the discomfort. There is no need to remain indoors, “avoid drafts” or cover the swelling.
6. **Pain** – For simple types of surgery one or two Tylenol tablets may be used as necessary to relieve the pain. If the pain is more severe, prescribed tablets may be obtained at a pharmacy. The first tablet should be taken before the anesthetic wears off. A second tablet if needed may be taken in one hour and thereafter take 1 or 2 tablets three to six hours later. It is unnecessary to take the tablets if there is no pain **(except the first tablet).**

(cont'd)

7. **Nausea** – Some people will experience nausea following surgery or the use of the pain tablets prescribed. This can be reduced by:
 1. taking tablets with milk, or a small amount of ANTACID (e.g. Maalox)
 2. taking a teaspoon of baking soda in ½ glass of water, or
 3. the use of only half a tablet at a time, or
 4. stopping the use of the tablets altogether and substituting other medication.
 5. the purchase of Gravol from a pharmacy (without a prescription). Follow the directions on the package to help reduce nausea.
8. **Discoloration** – Bruising of the skin occasionally occurs and disappears spontaneously in approximately one week. It is of no importance and no treatment is indicated.
9. If there has been considerable swelling or bruising, it is permissible to apply mild heat, using a “hot water bottle” or heating pad beginning 48 hours after surgery. Apply to the affected site 20 minutes on and 20 minutes off.
10. Do not smoke for 72 hours.
11. **Emergencies** – Do not hesitate to call (905) 893-4500 at any time if in doubt regarding the instructions or the condition of the patient.